



# Information for Tricare PRIME Beneficiaries

## *You and Your Primary Care Manager*



### **Your PCM Will**

**Monitor your healthcare needs over time**

**Help adopt lifestyle changes for good health**



**Manage your urgent, routine, and episodic healthcare needs**

**Arrange for speciality care when appropriate**



### **Your Responsibilities**

**Stay informed about your health**

**Change behaviors to improve your health**

**Schedule preventative examinations and tests**



*Your health is a shared responsibility between you and your provider/ Primary Care Manager (PCM). It is important that you work with your PCM to coordinate all of your healthcare needs.*

**Contact your PCM first for all your healthcare needs**



### **What is Different?**

**Your personal PCM and team know you and your healthcare needs**

**The PCM team may include a case manager for chronic disease management**

**You learn to care for yourself for minor conditions**



**You become a more informed healthcare consumer**